

# MIDDLETOWN



## Prime Times

*A Monthly Publication of Programming, Events, and News for Middletown Residents 60+*

61 Durant Terrace

(860) 638-4540

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)

**AUGUST 2016**



photo by: JC PhotoGraphics



### BBQ & Blues Night w/ Gregory B. Sneed Friday, August 12th at 5:30pm

Join us for delicious BBQ catered by Taino's along with an incredible saxophone performance by Gregory B. Sneed. The menu includes, ribs, chicken, cornbread, mac & cheese, vegetable, beverage and dessert. \$7 and pre-registration is required. Dine in only.

We are thrilled to have Greg share his talent on the saxophone with us once again! Greg is Middletown's former Deputy Chief of Police and currently works as Central Connecticut State University's Chief of Police. Register before August 10th so you don't miss out!

### Match Game Thursday, August 11th at 2:30pm



Remember this game show? The game features contestants trying to come up with answers to fill-in-the-

blank questions, with the object being to match answers given by celebrity panelists. FREE, but pre-registration is required.

### Scavenger/Treasure Hunt Thursday, August 4th at 2pm



Compete in teams of 2 or 3 to solve riddles and puzzles, find clues, and have a good time.

Sign up today! This is a free activity. You won't want to miss it! Space is limited.



### Bunco & Brownies Monday, August 8th at 2pm

Stop by for a delicious brownie and a game of Bunco.

Bunco is a fun, social dice game. No special skills are required for this game of chance and no experience is required. Enjoy the afternoon laughing with friends.

\$1 Pre-registration is required. Prizes will be awarded.





## Rhythm & Pizza Night Wednesday, August 24th at 5:30pm

Join us for pizza, beverage and dessert while listening to African Djembe drumming with Rick Liegl. The djembe is a hand drum shaped like a large goblet. It is said that the name comes directly from the saying “anke dje, anke be” which literally translates to “everyone gather together”. You won’t want to miss this event!! \$5 pre-registration is required.

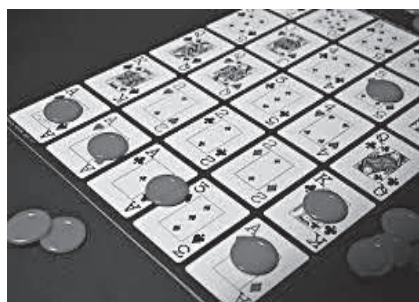
## Vecchitto’s Italian Ice Wednesday, August 31st at 2pm



What could be better than a Vecchitto’s Italian Ice on a hot summer day!?! Beat the heat with this delicious summer treat. The choice of flavors will be lemon, almond and watermelon. \$1 and pre-registration is required.

## Pokeno Tuesday, August 23th at 2pm

Enjoy your afternoon playing this “Bingo- style” game. Prizes are grocery items. Sign-up today. \$1 and pre-registration is required.



## Baking with Ann Thursday, August 25th at 2pm

This month we will be making homemade thin mint cookies. Take home what you make! \$3 pre-registration required.



## Craft with Heidi Monday, August 8th at 10am

This month we are painting bird-houses. \$3 pre-registration is required.

## Congratulations Frank!



Our 2016 Senior of the Year is Frank J. Greco. In addition to being our most active member, Frank regularly volunteers his time greeting new members, providing tours of our center, helping those in need, and assists with prep-

ping and serving lunch daily. Thank you for your outstanding volunteer work and hospitality! Please join us in congratulating him!

## Waffle Breakfast Tuesday, August 2nd at 9:30am



This month’s breakfast is Belgian waffles and sausage. \$3 pre-registration required.

## Socialize and Paint August 19th 5:30pm

This fun night-time event is a no-stress party. Come socialize and paint! The painting will be an outdoor theme. No experience needed. Pre-register \$10 for residents / \$12 for non-residents

## Special Show Trips Added!!!

All of these shows are on Saturdays at the Bushnell. The bus departs the Senior Center at 1:00 with a show time of 2:00. Residents \$39., Non-Residents \$45. Seats are on the mezzanine level.

If, Then	August 6, 2016
A Gentleman’s Guide to Love & Murder	October 29, 2016
An American in Paris	November 19, 2016
The Curious Incident of the Dog in the Night-Time	December 31, 2016
Beautiful—The Carol King Musical	January 21, 2017
The King & I	June 3, 2017
Fun Home	June 24, 2017

### Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

<b>Main Number:</b>	(860) 638-4540
<b>Fax Number:</b>	(860) 343-5427
<b>Senior Services E-mail:</b>	Seniors@MiddletownCT.gov
<b>Senior Services Website:</b>	www.middletownct.gov/seniors
<b>Acting Director:</b>	Debbie Stanley (860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg (860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores (860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte (860) 638-4542
<b>Municipal Agent / ADA Compliance Officer:</b>	Laura Runte (860) 638-4542
<b>Clerk (Rec &amp; Community Svcs)</b>	Vacant (860) 638-4540
<b>Custodian/Program Aide:</b>	John Marion (860) 638-4540
<b>Night Custodian:</b>	Vacant (860) 638-4540
<b>Bus Driver:</b>	Mike Rogalsky (860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	CW Resources (860) 558-5285 (Brian)

**Civitan Bingo** is on summer break for August, but will be returning in September. Thank you to the Middletown Civitan Club for another great year!

### **Recurring Programs/Services**

(F) = Free (\$) = Cost Associated

**Arthritis Exercise**—Thursdays at 12:30pm (F)  
**Billiards**—Anytime (F)  
**Bingo**—Wednesdays & Fridays at 1pm (\$)  
**Bocce**—The bocce court is open first-come first-serve (F)  
**Blood Pressure Clinic**—Thursdays 12:00-1:00 \*\*new time\*\* (F)  
**Book Club**—Last Monday of the month (\$ for book)  
**Cable TV**—Anytime (F)  
**Card Games**—Thursdays at 12:30pm & Fridays at 1pm (F)  
**Ceramics**—Mondays & Wednesdays at 12:30pm (\$)  
**Computers**—Laptops are available for use anytime (F)  
**Cribbage**—Fridays at 1pm (F)  
**Dancing for Joy**—Mondays at 1:30pm (F)  
**Exercise**—Mondays & Wednesdays 9am & Thursdays 10am (F)  
**Foot Care Clinic**—2nd & 4th Wednesday 9am-3pm (\$)  
**Fun with Yarn**—Knitting/Crocheting on Thursdays at 1pm (F)  
**Hearing Screening**—3rd Wednesday of the month 12-1 (F)  
**Lending Library**—Anytime (F)  
**Line Dancing**—Thursdays at 2pm (F)  
**Mahjong**—Thursdays 9am-12pm (F)  
**Massage Therapy**—1st & 3rd Monday 9am-2:30pm (\$)  
**Meditation**—Tuesdays & Fridays at 11am led by Elizabeth (F)  
**Middletuners Chorus Practice**—No practice in August  
**Movies**—Tuesdays at 12:30pm (F)  
**Ping Pong**—Check Calendar in this newsletter (F)  
**Reflexology**—By appointment (\$)  
**Reiki**—2nd and 4th Tuesdays or by appointment (\$)  
**Sing-Alongs**—Third Tuesday of the month at 12:30 (F)  
**Tai Chi**—Mondays at 10:15am (\$)  
**Therapeutic Exercise**—Tuesdays at 1:00pm (F)  
**Yoga**—Wednesdays at 10am (\$)

### **Community Café Free Lunch Winner**

Congratulations to Mark Radziwon, our June winner. Enter for a chance to win a free lunch, compliments of CW Resources.

#### **June Brain Teaser Winners**

**\*A copy of the answer is located on the 2nd floor bulletin board.** \*Eleanor Brush, Lillie Cain, Carolyn Campagna, Nancy Clayton, Anamarie Cook, Edward Cook, Veronica Davis, Elaine DesJardins, Phillip DesJardins, Joan Fazzino, Ray Hubbard, Gwenn Johnson, Stanley Kokozka, Sue Larabee, Stuart Larabee, Winfred Lee, Annabelle Malone,, Carmela Murphy, Laura Nicholson, Mark Radziwon, Carla Salerno, Chuck Stanley, Rosemarie Vecchitto, Lynne Wilks & Mary Willoughby  
Congratulations to all of our winners. Please stop by the Center to pick up the July Brain Teaser.

### **Enhanced Benefits Checkup Thursday, August 11th**

Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Take advantage of a **FREE Benefits Checkup!!!** Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment.



**Coffee with Ann**—Monday, August 15th at 10:30am. Discuss any suggestions for new activities, bus trips, etc.

#### **Volunteer Club**

**Meeting**—Monday, August 15th at 11am.

Find out ways you can get involved!



### **August Birthday Party August 15th at 2pm**



Sponsored by Water's Edge Center for Health & Rehabilitation. Celebrating all August birthdays. All are welcome. **FREE!**



#### **Lunch Served Daily**

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Women's Bocce League	<b>2</b> 9:00 Foxwoods Bus Trip 9:30 Zumba w/Bri <b>9:30 Waffle Breakfast</b> 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 3:00 Men's Bocce League	<b>3</b> 9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League <b>10:30-12 Coloring Club</b> 12:00 Lunch 12:30 Ceramics 1:00 Bingo Bus Trip Lottery Opens	<b>4</b> 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 10:00 Clinton Crossing Outlets Bus Trip 12:00 Lunch 12:00-1:00 Blood Pressure Clinic **New Time 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing <b>2:00 Scavenger Hunt</b>	<b>5</b> 9:00 Bocce Instructional with John 9:30 Zumba (DVD) <b>10-12 Senior Haircuts</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room
<b>8</b> 9:00 Exercise 10:15 Tai Chi <b>10 Craft with Heidi</b> 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy <b>2:00 Bunco and Brownies</b> 2:00 Women's Bocce League	<b>9</b> 9:30 Zumba w/Bri 9:30 Walking Club (Weather Permitting) 9:30 Roger Williams Zoo Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness <b>2:30 Sherbet Social w/Live Entertainment</b> 3:00 Men's Bocce League	<b>10</b> 9:00-9:45 Exercise 9-3 Foot Care 10:00 Yoga 10:00 Women's Bocce League <b>10:30-12 Coloring Club</b> 12:00 Lunch 12:30 Ceramics 1:00 Bingo	<b>11</b> 9:00-12:00 Mahjong Cruise Bus Trip <b>9-3:30 Enhanced Benefits Checkup (by appointment only)</b> 10:00 Exercise 10:00 Men's Bocce League 12:00 Lunch 12:00-1:00 Blood Pressure Clinic **New Time 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing <b>2:30 Match Game</b>	<b>12</b> 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo Upstairs 1:00 Cribbage <b>NO CARD GAMES 1-4 TODAY DUE TO LARGE EVENT</b> <b>1:00 Watercolor Class</b> <b>5:30—Barbeque &amp; Blues Night—Doors will not be open before 5:15</b> Bus Trip Lottery Closes
<b>15</b> 9:00 Exercise <b>9-3 Massage Therapy</b> 10:15 Tai Chi 10:30 Coffee with Ann 11:00 Volunteer Club Meeting 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy <b>2:00 August Birthday Party</b>	<b>16</b> 9:30 Zumba w/Bri 9:30 Walking Club (Weather Permitting) 10:00 Harriet Beecher Museum Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room <b>12:30 Sing-Along with Barbara</b>	<b>17</b> 9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League <b>10:30-12 Coloring Club</b> 12:00 Lunch <b>12:00 Hearing Screening by Richard Lastrina of Beltone New England</b> 12:30 Ceramics	<b>18</b> 9:00-12:00 Mahjong Mohegan Sun Casino Bus Trip 10:00 Men's Bocce League 12:00 Lunch 12:00-1:00 Blood Pressure Clinic **New Time 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing	<b>19</b> 9:00 Bocce Instructional with John 9:30 Zumba (DVD) <b>10:00 Health Conversation on Zika</b> 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Game in Multi-Purpose Room

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 4 Grove Rd.  
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(East Hampton Office)  
 240 Middletown Ave.  
 860-295-6440

<b>Party</b> 2:00 Women's Bocce League	<b>Barbata</b> 1:00 Therapeutic Fitness 3:00 Men's Bocce League  All Bus Trip Lottery Winners will be notified by the end of today	12:30 Ceramics 1:00 Bingo	2:00 Line Dancing <b>3:00 Early Bird Dinner: Sausage &amp; Peppers Grinder</b>  <b>Bus Trip Lottery Payments Due by Noon Today</b>	<b>1:00 Watercolor Class</b> <b>5:30 Socialize and Paint Class</b>
<b>22</b> 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy <b>1:30 Pizza &amp; a Movie</b> 2:00 Women's Bocce League	<b>23</b> 9:00 Foxwoods Casino Bus Trip 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness <b>2:00 Pokeno</b> 3:00 Men's Bocce League	<b>24</b> <b>9:00-9:45 No Exercise</b> 9-3 Foot Care 10:00 Yoga 10:00 Women's Bocce League <b>10:30-12 Coloring Club</b> 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>5:30 Rhythm &amp; Piz-za—Doors will not be open before 5:15</b>	<b>25</b> 9:00-12:00 Mahjong 9:30 Mystic Village Shops Bus Trip <b>10:00 No Exercise</b> 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:00-1:00 Blood Pressure Clinic **New Time 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting <b>2:00 Baking with Ann</b> 2:00 Line Dancing	<b>26</b> 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room <b>1:00 Watercolor Class</b>
<b>29</b> <b>9:00 No Exercise</b> <b>9-3 Massage Therapy</b> 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Women's Bocce League <b>2:30 August Book Club - The Paris Wife</b>	<b>30</b> 9:30 Walking Club (Weather Permitting) 10:00 Pier 1/Homegoods Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness <b>3:00 Men's Bocce League</b>	<b>31</b> <b>9:00-9:45 No Exercise</b> 10:00 Yoga 10:00 Women's Bocce League <b>10:30-12 Coloring Club</b> 12:00 Lunch 12:30 Ceramics 1:00 Bingo <b>2:00 Vecchitto's Italian Ice</b>	 <p><b>Note:</b>          The Middletuners are on summer break. Practice will resume in September. The Sing-Alongs are still being held.</p>	

**SAVE THE DATE:**  
**Friday, September 9th—Senior Center Month Celebration**  
**Thursday, September 15th—Military Whist Tournament**  
**Tuesday, September 27th—Civitan Bingo**



## Bus Trips

### August

- 2nd**—Foxwoods Casino (9-3:30) \$4
- 4th**—Clinton Crossing Outlets (10-2:30) \$3
- 9th**—Roger Williams Zoo (9:30-3) \$11
- 11th**—Thimble Island Cruise & Fishtale Restaurant (9-3) \$12
- 16th**—Harriet Beecher Stowe Museum & City Steam Brewery (10-2:30) \$10
- 18th**—Mohegan Sun Casino (9-3) \$4
- 23rd**—Foxwoods Casino (9-3:30) \$4
- 25th**—Mystic Village Shops (9:30-3) \$4
- 30th**—Pier One, Homegoods & Fishtale Restaurant (10-2:30) \$3

### September

- 1st**—Tanger Outlets Westbrook (10-2:30) \$3
- 6th**—Mohegan Sun Casino (9-3) \$4
- 8th**—Yale Art Museum (9:30-2:30) \$3
- 13th**—Mystic Aquarium (9-3) \$10
- 15th**—Foxwoods Casino (9-3:30) \$4
- 20th**—Mohegan Sun Casino (9-3) \$4
- 22nd**—Big E Fair (9-3) \$12
- 27th**—Christmas Tree Shop & Cracker Barrel Restaurant (10-3pm) \$3
- 29th**—IKEA & Fishtale (9:30-2:30) \$4

## Bus Trip Sign Up Procedure

The bus trip lottery is open from **8/3-8/12** for September trips. No entries will be accepted after Aug. 12th. All members selected in the lottery will be notified by Aug. 16th. Payments due by noon on **8/18.**

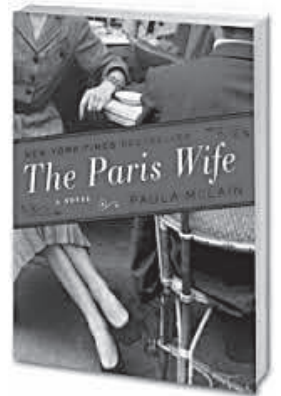
### Pizza & A Movie August 22nd at 1:30pm



This month's movie is "The Finest Hours" starring Chris Pine. Choice of pizza: sausage, cheese, or veggie. \$3 Pre-registration.

### August Book Club Meeting Monday, August 29th at 2:30pm

This month, we are reading "The Paris Wife" by Paula McLain. *The Paris wife* is a fictionalized account of Ernest Hemingway's marriage to Hadley Richardson, the first of his four wives. McLain researched their biographies, letters, and Hemingway's novels. \$3 for the book. All are welcome!!



### Zika Virus Conversation August 19th at 10am

**FREE**—no pre-registration required.

### Sherbet Social w/ Live Entertainment Tuesday, August 9th at 2:30pm

Want a refreshing break from the heat? Stop by for our delicious sherbet social. \$1 and pre-registration

is required. Live entertainment by our very own Mary playing guitar and singing.



### Sausage & Pepper Grinders Thursday, August 18th at 3:00pm



Join us for this early bird dinner of a delicious sausage and pepper grinder with a side of macaroni salad. \$5 pre-registration required.



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**Blood Pressure Clinic**

Our Blood Pressure Clinic will be held on Thursdays from 12pm-1pm beginning August 4th. This change is being made to accommodate as many members as possible.

**Transportation Information  
(860) 347-3313**



The City of Middletown contracts with Middletown Area Transit to provide an enhanced dial-a-ride service which is free for our members who are residents. Reservations are required AT LEAST 24 hours in advance. An application must be on file before using this service.

**Farmer’s Market Vouchers**

We received the Farmer’s Market Vouchers in July. \$18 booklet of checks for use at approved Farmer’s Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (not exceed 185% of poverty income guidelines). Only 1 booklet may be issued per year.

**September is National Senior Center Month and we can’t wait to celebrate!**

We’ve planned a fantastic all-day event for you on Friday, September 9th. We’ll be releasing more information on this throughout the month. Save the Date!!

